

[Link to the web store](#)



Duration: 30 minutes

Eyes: Common in meditation: eyes fixed downwards.

Headphones: An absolute must! You can't create binaural beats without stereo headphones!

[\[Link\]](#) to the info page with the possibility to listen in

By the way: DNA Talk is also part of the [ZenBox](#), on which there are also short versions of it.

What is special about this program? It is one of the few binaural sessions from Neurostreams. It has such a strong effect that even listeners who are inexperienced in meditation will have a clear meditation experience. You don't meditate, you are meditated upon!

Who is it best for? Attention, this program is not for beginners! The effect is very strong. Meditation professionals, on the other hand, will be amazed at how quickly they reach a deep meditative state.

What does this program consist of? From binaural beats. The binaural beat of the "DNA Talk" meditation session starts at twelve hertz and drops to the theta range of seven hertz. These seven hertz are maintained for 20 minutes. Shortly before the end, you are properly awakened again and raised to 15 Hertz.

Another advantage of this binaural transmission is that the virtual generation of the binaural "third tone" often creates a *synchronization of the brain hemispheres*.

The value of 7 Hertz results from research by Maxwell Cade, which shows that monks practicing Zen meditation develop the strongest brain waves during meditation precisely around this value.

When to listen? An early morning or evening session is recommended.

How to listen? Binaural beats are fragile and you can easily lose contact with them if you are disturbed. Therefore: ensure total silence.

What to look out for when listening? One of the biggest misconceptions about meditation is that it is often assumed to be a passive, "switched off" state. Wrong! Meditative states are associated with high brain activity. The trick is to bring your mind to absolute calm in order to perceive completely new inner worlds with full awareness.

When does an effect occur? How can I recognize it? When your breathing calms down and your head begins to float inside, you are on the right path.

What can I do wrong? Waiting for a "kick" hinders success.